

SENIOR LUNCH MENU

July 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Dixie Chicken, Seasoned Carrots, Bread Dressing, Fruit Crisp	2
3	4 CENTER COSED HOLIDAY 	6 Stuffed Peppers, Vegetable Medley, Fruit Cobbler	7 Lemon Pepper Chicken, Scalloped Potatoes, Spinach, Poke Cake	8 Beef Tips with mushroom sauce, Rice, Seasoned Carrots, Fruit Crisp	9 Maple Pork Chop, Baked Potato, Cheesy Broccoli, Pineapple Trifle	10
10	11 Meat Lasagna, Caesar Salad w/dressing, Berry Cup, Birthday cake 	12 Turkey w/gravy, Whipped Sweet Potatoes, Greens, Fresh Fruit Salad, Chocolate Chip Cookie	13 Italian Pork Chop, Scalloped Potatoes, Green Beans, Berry Cup	14 Beef Stroganoff, Jefferson Noodles, Seasoned Carrots, Sliced Peaches, Pound Cake	15 Teriyaki Chicken, Brown Rice, Zucchini & Tomatoes, P.B. Cookie, Strawberries	16
17	18 Herb Pork, Del-Monico Potatoes, Calico Coleslaw, Fruit Cocktail, Oatmeal cookie	19 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Fruit Trifle	20 Veggie Lasagna, Squash Medley, Strawberries w/topping	21 Pepper Steak w/gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian cup	22 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Peach Cobbler	23
24	25 Salisbury Steak, Mashed Potato w/gravy, Cheesy Broccoli & Cauliflower, Apple Crisp	26 Pork Roast, Baked Sweet Potato fingers, Green Beans, Strawberries, Confetti Cake	27 Beefy Ranch Casserole, Tossed Salad w/dressing, Fruit Trifle	28 Turkey Croquette, Parmesan Potatoes, Coleslaw, Peanut Butter Cookie	29 Sliced Glazed Ham, Sweet Potatoes, Succotash, Assorted Cake	30
31						

Get Cooking:

Cooking at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or how to store herbs and spices. The collection of How do I ... videos at

www.eatright.org/howdoi will get you started



All meals are served with a choice of Skim or 2% Milk and Dinner Roll